

**Tableball**  
**2015 Iowa AHPERD Convention**  
**by Bart Jones**  
**(@exercys, bart.jones@vmbulldogs.com)**

**Learning Targets focused upon during Tableball:**

- I can strike the ball upwards/forwards with either hand after one bounce off of the floor (St. 1)
- I can implement basic strategy against my opponent remain/obtain the “expert” role (St. 2)
- I can relate Tableball to improvement of a health/skills related fitness component(s) (St. 3)
- I can follow all rules (as explained), demonstrate good sportsmanship, & use equipment appropriately (St. 4)
- I can analyze how playing Tableball related to an activity which is challenging, enjoyable, improves one’s health, social, and can provide an opportunity for self-expression (St. 5)

**Grade Level:** K-5

**Materials:** 8-10 tables, 8-10 cones, 8-10 rubber mini volleyballs, tennis balls, or racquet balls

**Overall concept:** To strike a ball back onto the table after one bounce in a manner in which your opponent is not able to return the hit appropriately.

**Warm Up Activities:**

K-2

- Roll & catch before ball hits the ground (roll back & repeat 10x, switch expert)
- Roll, bounce, & catch after one bounce (roll back & repeat 10x, switch expert)
- Roll, bounce, & hit back with dominant hand after one bounce (roll back & repeat 5x, switch expert)

3-5

- 4 sided warm-up (see QR code below for video example)

**Main Activity:**

- Spread out tables in 3-4 rows of 3 with ample space on all sides
  - 3-4 per table, two people at table, the rest behind cone
  - Place cone 10 ft. away from outside of table
- Person facing cone is “expert”, person with back to cone is “non-expert”
- “Expert” asks the “Non-expert” if they are ready...when they are start
- “Expert” rolls the ball toward the “Non-expert” who much let it roll of the table and bounce on the floor ONCE before striking it back onto the table toward the “expert.”
- Players continue until a **mistake** is made:
  - Ball is allowed to bounce 2 times
  - Ball is struck BEFORE it is allowed to bounce
  - Ball does NOT land on table when returned (struck)
- The one who makes the error is out, rotates to the back of the waiting line
- The next person comes in and ALWAYS takes the position of “Non-expert”
- “Expert with either stay in in same position or rotate out behind the cone and the “Non-expert” becomes the new “expert”

**Tableball Video examples:**

<b>4 Sided Warm-Up Video</b>	<b>Tableball Video</b>
	

**Hantis**  
**2015 Iowa AHPERD Convention**  
**by Bart Jones**  
**(@exercys, bart.jones@vmbulldogs.com)**

**Learning Targets focused upon during Hantis:**

- I can strike the ball upwards/forwards with either hand after one bounce off of the table (St. 1)
- I can implement basic strategy against my opponents remain/obtain the “king” role (St. 2)
- I can relate Hantis to improvement of a health/skills related fitness component(s) (St. 3)
- I can follow all rules (as explained), demonstrate good sportsmanship, & use equipment appropriately (St. 4)
- I can analyze how playing Hantis related to an activity which is challenging, enjoyable, improves one’s health, social, and can provide an opportunity for self-expression (St. 5)

**Grade Level:** 4-12

**Materials:** 4 tables, 1 cones, 1 tennis ball (softer for younger and regular for older)

**Overall concept:** Imagine a doubles game of table tennis, where instead of one table w/ a net the playing area is four separate tables with about 3-5 feet between each and you use your hand as a paddle

**Warm Up Activities:**

4-12 (see my YouTube channel- Bart Jones) for video examples.

- Straight / Diagonal serve & catch
- Straight / Diagonal serve & return

**Main Activity:**

- Arrange tables into 1 large rectangle with 3-5 feet between all 4 tables
  - 6+ per table, four people at table, the rest behind cone
  - Place cone 10 ft. away from outside of table
- How do you play Hantis?
  - Teams of 2
  - One player serves the ball by hitting it with their hand, bouncing it off of their own table and having it hit one of the other team’s tables
  - Both players on **serving** team MUST be behind back edge of their tables until ball is served.
  - Both players on **receiving** team MUST be behind the front edge of their table until ball is served.
  - Once the serve has been successfully completed the team receiving has possession.
    - During each possession both players on the team are allowed 2 hits of the ball, & the ball can bounce once on each table of the team in possession before it must be then hit to a table of the opposing team.
  - Play continues in this fashion until a rally is won.
    - A rally is won when:
      - ball hits the ground, hits a table more than once in a possession, or is hit by a player more than twice in a possession before being hit by an opponent
  - During a rally a player is allowed to move anywhere in the playing area
  - Players cannot “cup” or “hold” the ball, they MUST hit it!

**Hantis Video examples:**

<b>Basic Intro</b>	<b>MS PE Example</b>
	